

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (currently amended) An uncooked food product consisting essentially of a food selected from the group consisting of uncooked whole oat groats, uncooked corn grit and mixtures thereof, and added material absorbed into the food, said material being water soluble or water dispersible and selected from the group consisting of vitamins, minerals, nutrients selected from Echinacea extract, ginkgo, ginseng, bee pollen, lecithin, St. John's wort extract and mixtures thereof, spices, flavors and combinations thereof present in an amount of from about 0.0001% to about 2.0% on a dry weight basis of the food product.

2. (canceled)

3. (canceled)

4. (currently amended) The product of claim 1 wherein said oat groats are flaked ~~are cut~~.

5. (canceled)

6. (currently amended) The product of claim 1 ~~claim 5~~ wherein said vitamins are selected from the group consisting of vitamin A, beta-carotene, thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, vitamin C, vitamin D, vitamin E, folic acid, and derivatives and mixtures thereof.

7 (previously presented) The product of claim 1 wherein said minerals are selected from the group consisting of derivatives of calcium, copper, iron,

magnesium, manganese, molybdenum, phosphorus, potassium, selenium, zinc, and derivatives and mixtures thereof.

8-16. (canceled)

17. (currently amended) A method of incorporating at least one water soluble or water dispersible ingredient into the body of food selected from the group consisting of uncooked whole oat groats and uncooked corn ~~grit~~ grits, comprising:

- (a) tempering the food;
- (b) contacting the food with an aqueous infusion mixture of water and the ingredient for a time and in an amount and ingredient concentration effective to increase the moisture content of the food by from about 1% to about 35% by weight of the food to absorb the ingredient; and
- (c) optionally equilibrating the contacted food with the aqueous infusion mixture for a sufficient amount of time to cause further absorption of the ingredient by the food.

18. (original) The method of claim 17 further comprising drying the oat groats to a desired moisture concentration after absorption of the ingredient.

19. (canceled)

20. (original) The method of claim 17 further comprising heating the aqueous solution to about 120°F to dissolve the materials of said solution prior to the applying step.

21. (original) The method of claim 17 wherein said selected materials are applied to the oat groats at a concentration of from about 0.0001% to about 2.0% on a dry weight basis of the food.

22. (original) The method of claim 17 wherein said oat groats are dried to a moisture concentration of about 8% to about 10% on a dry weight basis.

23. (original) The method of claim 17 wherein said drying step is accomplished at a temperature of from about 150° F to about 300° F.

24. (original) The method of claim 17 wherein said drying step is accomplished by a dryer selected from the group consisting of a continuous belt dryer; a fluidized bed, forced air dryer; or a kiln-type grain dryer.

25. (previously presented) The method of claim 17 wherein said food is uncooked oat groats and said aqueous infusion mixture is applied to the surface of the uncooked oat groats in an amount of from about 2% to about 29% by total weight of the oat groats.

26. (original) The method of claim 17 wherein said equilibrating step is conducted by holding in a storage bin.

27. (original) The method of claim 17 further comprising drying the uncooked oat groats to a desired moisture concentration prior to step (a).

28. (original) The method of claim 17 wherein the infusion mixture is a solution.

29. (original) The method of claim 17 wherein the infusion mixture is a dispersion.

30. (original) The method of claim 17 further comprising flaking the groats after absorption of the ingredient.

31. (canceled)

32. (currently amended) The method of claim 17 wherein said vitamins are selected from the group consisting of derivatives of vitamin A, beta-carotene, thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, vitamin C, vitamin D, vitamin E, folic acid, and mixtures ~~mixture~~ thereof.

33. (previously presented) The method of claim 17 wherein said minerals are selected from the group consisting of derivatives of calcium, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, zinc, and derivatives and mixtures thereof.

34. (canceled)

35. (currently amended) A method of adding at least one non-water soluble ingredient to uncooked oat groats so such ingredient becomes adsorbed onto at least a portion of the surface of the uncooked oat groats, the method comprising:

- (a) tempering the oat groats;
- (b) contacting the surface of the uncooked oat groats with an aqueous mixture containing the non-water soluble ingredient for a time and in an amount and ingredient concentration effective to increase the moisture content of the uncooked oat groats by from about 1% to about 35% and to cause adsorption of the ingredient; and thereafter

- (c) optionally equilibrating the uncooked oat groats with the aqueous mixture for a sufficient amount of time to cause further adsorption of the ingredient onto at least a portion of the surface of the oat groats.

36. (original) The method of claim 35 further comprising drying the oat groats to a desired moisture concentration after step (b) of claim 35 to provide a dried uncooked oat groat product having the non-water soluble ingredient adsorbed onto at least a portion of the surface thereof.

37. (canceled)

38. (original) The method of claim 35 wherein the selected ingredients applied to the oat groats have a concentration of from about 0.0001% to about 2.0% on a dry weight basis of the oat groats.

39. (original) The method of claim 35 wherein said drying step is accomplished at a temperature of from about 150°F to about 300°F.

40. (original) The method of claim 35 wherein said oat groats are dried to a moisture concentration of about 8% to about 10% on a dry weight basis.

41. (original) The method of claim 35 wherein said equilibrating step is conducted by holding in a storage bin.

42-45. (canceled)

46. (original) The method of claim 35 wherein said drying step is accomplished by a dryer selected from the group consisting of a continuous belt dryer; a fluidized bed, forced air dryer; and a kiln-type grain dryer.

47. (original) The method of claim 35 wherein the aqueous mixture is applied to said oat groats at a concentration of from about 2% to about 29% by weight of the oat groats.

48. (canceled)

49. (original) The method of claim 35 further comprising drying the uncooked oat groats to a desired moisture concentration prior to step (a).

50. (previously presented) The product of claim 1 wherein said product has a moisture content of about 8% to about 10%.

51. (previously presented) The product of claim 1 wherein said added material is substantially fat-free.

52. (canceled)

53. (previously presented) The product of claim 1 wherein said material is

substantially fat-free.

54. (previously presented) The method of claim 17 wherein said contacting and said tempering occur simultaneously.

55. (currently amended) The method of claim ~~54~~ 63 further comprising flaking the food wherein said contacting and optional equilibrating occurs prior to said flaking.

56. (canceled)

57. (currently amended) The method of claim ~~56~~ 64 further comprising flaking the food wherein said contacting and optional equilibrating occurs prior to said flaking.

58. (previously presented) The method of claim 17 wherein said contacting occurs prior to said tempering.

59. (canceled)

60. (previously presented) The method of claim 35 wherein said non-water soluble ingredient is selected from the group consisting of vitamins, minerals, natural nutrients, and mixtures thereof.

61. (new) A method of incorporating at least one water soluble or water dispersible ingredient into the body of food selected from the group consisting of uncooked oat groats and uncooked corn grits, comprising:

- (a) tempering the food;
- (b) contacting the food with an aqueous infusion mixture of water and the ingredient for a time and in an amount and ingredient concentration effective to increase the moisture content of the food by from about 1% to about 35% by weight of the food to absorb the ingredient;
- (c) optionally equilibrating the contacted food with the aqueous infusion

mixture for a sufficient amount of time to cause further absorption of the ingredient by the food; and

- (d) flaking the groats after absorption of the ingredient.

62. (new) A method of adding at least one non-water soluble ingredient to uncooked oat groats so such ingredient becomes adsorbed onto at least a portion of the surface of the uncooked oat groats, the method comprising:

- (a) tempering the oat groats;
- (b) contacting the surface of the uncooked oat groats with an aqueous mixture containing the non-water soluble ingredient for a time and in an amount and ingredient concentration effective to increase the moisture content of the uncooked oat groats by from about 1% to about 35% and to cause adsorption of the ingredient;
- (c) optionally equilibrating the uncooked oat groats with the aqueous mixture for a sufficient amount of time to cause further adsorption of the ingredient onto at least a portion of the surface of the oat groats; and
- (d) flaking the oat groat product after step (b).

63. (new) A method of incorporating at least one water soluble or water dispersible ingredient into the body of food selected from the group consisting of uncooked oat groats and uncooked corn grits, comprising:

- (a) tempering the food;
- (b) contacting the food with an aqueous infusion mixture of water and the ingredient for a time and in an amount and ingredient concentration effective to increase the moisture content of the food by from about 1% to about 35% by weight of the food to absorb the ingredient; and
- (c) optionally equilibrating the contacted food with the aqueous infusion mixture for a sufficient amount of time to cause further absorption of the ingredient by the food; wherein said contacting and said tempering occur simultaneously.

64. (new) A method of adding at least one non-water soluble ingredient to uncooked oat groats so such ingredient becomes adsorbed onto at least a portion of the surface of the uncooked oat groats, the method comprising:

- (a) tempering the oat groats;

(b) contacting the surface of the uncooked oat groats with an aqueous mixture containing the non-water soluble ingredient for a time and in an amount and ingredient concentration effective to increase the moisture content of the uncooked oat groats by from about 1% to about 35% and to cause adsorption of the ingredient; and

(c) optionally equilibrating the uncooked oat groats with the aqueous mixture for a sufficient amount of time to cause further adsorption of the ingredient onto at least a portion of the surface of the oat groats; wherein said contacting and said tempering occur simultaneously.

65. (new) A method of incorporating at least one water soluble or water dispersible ingredient into the body of food selected from the group consisting of uncooked oat groats and uncooked corn grits, comprising:

(a) tempering the food;

(b) contacting the food with an aqueous infusion mixture of water and the ingredient for a time and in an amount and ingredient concentration effective to increase the moisture content of the food by from about 1% to about 35% by weight of the food to absorb the ingredient; and

(c) optionally equilibrating the contacted food with the aqueous infusion mixture for a sufficient amount of time to cause further absorption of the ingredient by the food; wherein said contacting occurs prior to said tempering.

66. (new) A method of adding at least one non-water soluble ingredient to uncooked oat groats so such ingredient becomes adsorbed onto at least a portion of the surface of the uncooked oat groats, the method comprising:

(a) tempering the oat groats;

(b) contacting the surface of the uncooked oat groats with an aqueous mixture containing the non-water soluble ingredient for a time and in an amount and ingredient concentration effective to increase the moisture content of the uncooked oat groats by from about 1% to about 35% and to cause adsorption of the ingredient; and

(c) optionally equilibrating the uncooked oat groats with the aqueous mixture for a sufficient amount of time to cause further adsorption of the ingredient



onto at least a portion of the surface of the oat groats; wherein said contacting occurs prior to said tempering.